# **CIGNA Health Weight Options**

## **CIGNA HealthCare Working Wonders®**

A little exercise really works wonders. That's why CIGNA developed **Working Wonders**® – a fitness reward program that gives you extra encouragement to become more active and lead a healthier life. **Working Wonders**® is designed to motivate you to exercise on a regular basis by offering fitness accessories, equipment, and clothing.

#### **How It Works**

Members request a starter kit by calling the **Working Wonders**® information line at 1-800-811-1872 toll-free. Visit

<u>http://www.cigna.com/professional/plans/health/options/workingwonders.html</u> for more information.

## **Employee Endorsement**

"I started **Working Wonders®** in May 2002 and absolutely love it," exclaims **Cindy Michalak** of the Public Fiduciary Office. "I've received 8 great gifts. The more you exercise, the better the prize. It's so easy. You exercise, you write it down on the cards they provide you, you mail it in, and you have your prize in about two weeks. The program is awesome."

## **CIGNA Healthy Rewards**

**Healthy Rewards** are separate from your regular plan benefits, so they don't apply to your plan copayments or coinsurance. The choice to use them is entirely yours – no doctor's referral is required. No claim forms either. Set the appointments yourself, and enjoy the savings by showing your ID card when you pay for services. There's no time limit or maximum to **Healthy Rewards** if you're a member.

To find your savings, simply call **1-800-870-3470** or visit <u>www.cigna.com/healthyrewards</u>. The following **Healthy Rewards** are available to **all** CIGNA enrollees.

- **Fitness Club Memberships:** Receive fitness club memberships at reduced rates. Simply choose a participating facility and you'll have access to fitness activities from aerobics to weight-lifting. Savings: Up to 60%
- Natural Supplements: Order vitamins and herbal supplements at a deep discount by visiting <a href="https://www.cigna.com/healthyrewards">www.cigna.com/healthyrewards</a>. Purchases are delivered to your door free of charge. Savings: Up to 40%
- Weight Management: This program incorporates four important elements of weight control to help achieve a positive outcome: nutrition, exercise, guided imagery and relaxation techniques. Participants can obtain personal progress reports and track their own improvements. Savings: Up to 10%

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## **CIGNA 24-Hour Health Information Line** SM

## Helpful, health information by phone. Anywhere, anytime.

Listen to a recorded programs on Exercise and Fitness or Weight Control. Simply call **1-800-564-8982** and enter the appropriate subject code. Some examples include:

- 7429: Exercise and Weight Control
- 6911: Choosing a Commercial Diet Program
- 6922: Dining Out Tips for Dieters
- 6968: Overcoming Binge Eating

For a more information, visit

http://www.cigna.com/consumer/services/healthcare/programs/24hour.html.

#### **CIGNA Nutritional Evaluation**

CIGNA HMO CMG and POS (private practice) offer nutritional evaluation and counseling from a Participating Provider when diet is a part of the medical management of a documented organic disease, including clinically severe morbid obesity.

For details on these and other CIGNA benefits, visit <a href="http://ebc.maricopa.gov/hr/benefits/">http://ebc.maricopa.gov/hr/benefits/</a> and select the CIGNA link. From the CIGNA link click on the [Plan Certificate] link for the health care plan in which you are enrolled.

# **HealthSelect Health Weight Options**

#### **Health Club Attendance**

Members who pay membership dues at a health club or gym and work out at least eight times per month are eligible to receive a \$75 incentive award every six months.

#### **How It Works**

Instructions and the Health Club Attendance Certificate are attached or available at <a href="http://ebc.maricopa.gov/hr/benefits/">http://ebc.maricopa.gov/hr/benefits/</a> by clicking the HealthSelect link.

## **Weight Loss Counseling**

HealthSelect members have direct access to selected network specialists and can visit any network Internal Medicine, Family Practice or Pediatric physician for weight loss counseling. The physician will work with you to develop a non-surgical weight loss plan, and can provide you with a referral to a network Nutritionist. HealthSelect's Customer Service Department can provide you with a list of network physicians specializing in weight loss counseling. PLEASE NOTE: HealthSelect does not cover any surgical treatment for obesity.

For details on these and other HealthSelect benefits, call HealthSelect Customer Service at 602-344-8760 for a copy of the HealthSelect Members Handbook and Plan Certificate or visit <a href="http://ebc.maricopa.gov/hr/benefits/pdf/HS">http://ebc.maricopa.gov/hr/benefits/pdf/HS</a> 2003 certificate.pdf to view it online.

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# **Employee Health and Fitness Information**

## **Guidance Resources**

You can access information on mental health topics, including **Health and Fitness**, at the web site at **www.guidanceresources.com**. The Maricopa County identification code is **MC2003**.

Visit <a href="http://ebc.maricopa.gov/hr/employee\_wellness/eap/">http://ebc.maricopa.gov/hr/employee\_wellness/eap/</a> for more details on your EAP services.

## **United Behavioral Health**

Turn to United Behavioral Health (UBH) to support your well being with behavioral health benefits. These services help you deal with a wide range of issues, including eating disorders.

Visit the UBH web site: **www.liveandworkwell.com** for information and resources to maximize your well being. Find interactive self-improvement programs and download health and wellness articles (see attached article). The access code to this web site is **12488**.

Go to <a href="http://ebc.maricopa.gov/hr/benefits/">http://ebc.maricopa.gov/hr/benefits/</a> and select the [United Behavioral Health] link for details regarding your mental health and substance abuse benefits.

## **ALL Maricopa County Employees**

## **Weight Watchers**

Maricopa County employees receive a reduced rate when they join the "At Work" **Weight Watchers** program. The cost is \$110 for new members and \$100 for continuing members for 10 classes. The initiation fee is waived. *Regular classes cost \$12 per class with an initiation fee of at least \$20 for a Weight Watchers Program considered not "At Work."* Meetings are available at various work locations throughout the County.

**NOTE**: All you need to do is register at the County class and you can attend any Weight Watchers classes you want throughout the Valley. Your spouse can take advantage of this special price as well.

Watch e\*Nouncement postings for the latest information on new classes. Contact Drew Guarneri at 602-506-3758 or mailto:aguarner@mail.maricopa.gov for additional information.

Next Weight Watchers Session Information

- **Fee:** \$110 New members, \$100 Continuing members
- Start Date/Time: February 19, 2003 at 12:00 PM
- Location: 301 W. Jefferson, 2nd floor, Test Room A, Suite 200

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## **FREE Employee Fitness Centers**

There are 2 FREE fitness centers open to all Maricopa County employees.

- County Admin. Building: 301 W. Jefferson, Suite B-70, Phoenix, 85003
- MCDOT Operations Building: 2919 W. Durango, Phoenix, 85009

#### **Health/Fitness Club Discounts**

Employee discounts are available at many health and fitness clubs throughout the Valley.

• For information regarding these benefits, check out the attached flyer, or contact Andrew (Drew) Guarneri at 602-506-3758 or mailto:aguarner@mail.maricopa.gov.

# **MariFlex Health Care Flexible Spending Account Expenses**

Medical expenses you pay to lose weight qualify for reimbursement, if it is a treatment for a specific disease diagnosed by a physician (such as obesity, hypertension, or heart disease). This includes fees you pay to join a weight reduction group and attend periodic meetings (such as Weight Watchers, Jenny Craig, etc.).

You cannot include the cost of diet food or beverages in medical expenses because that substitutes for what you normally consume to satisfy your nutritional needs.

(You can include the cost of special food in medical expenses only if:

- 1. The food does not satisfy your normal nutritional needs,
- 2. The food alleviates or treats an illness, and
- 3. The need for the food is substantiated by a physician.

The amount you can include in medical expenses is limited to the amount by which the cost of the special food exceeds the cost of the normal diet.)

If you are taking a specific class at a health club, the expenses for just the class do qualify - if there is a medical condition diagnosed by a physician (such as obesity, hypertension, or heart disease) that necessitates the exercise program . Health clubs dues and monthly membership fees do not qualify for reimbursement.

**NOTE**: Enrollment in MariFlex is closed until the next open enrollment period or you have a family status change. Go to <a href="http://ebc.maricopa.gov/hr/benefits/">http://ebc.maricopa.gov/hr/benefits/</a> and select the [2003 Know Your Benefits] link for details on the MariFlex program and the definition of a family status change.

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# Walgreens Health Initiative Clinical Prior Authorization for Anti-Obesity Prescription Medications

If you are a CIGNA enrollee, prescription anti-obesity medication may be available. Medications in this class require prior authorization. There are four components taken into account when determining if prior authorization for medications used in the treatment of overweight and obesity will be approved:

- 1. Patient's body mass index (BMI)
- 2. Patient's waist circumference
- 3. Associated risk factors
- 4. Involvement in a Behavioral Modification program.

If your physician has prescribed anti-obesity medication, you may initiate the prior authorization process by calling **WHI Clinical Prior Authorization at 1-877-665-6609**. You will need the following information when you request prior authorization:

- Name of the medication,
- The prescribing physician's name, phone number (and facsimile number, if available),
- Your WHI identification number, and
- Your group number: 512229.

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## **Health Club Attendance Certificate 2003**

HealthSelect Member Name					Member I.D. Number			
Member Address				City/State	Zip	Phone Number		
	th Club ER - PLEASE IN CALTHSELECT						CURATE!	
<u>Health club</u>	staff: please	sign and dat	te to signify	completion o	f each work	out by the m	ember	
Month 1								
Workout 1	Workout 2	Workout 3	Workout 4	Workout 5	Workout 6	Workout 7	Workout 8	
Month 2								
Workout 1	Workout 2	Workout 3	Workout 4	Workout 5	Workout 6	Workout 7	Workout 8	
			Mon	 nth 3				
Workout 1	Workout 2	Workout 3	Workout 4	Workout 5	Workout 6	Workout 7	Workout 8	
			Mor	 NTH <b>4</b>				
Workout 1	Workout 2	Workout 3	Workout 4	Workout 5	Workout 6	Workout 7	Workout 8	
			Mon	NTH 5				
Workout 1	Workout 2	Workout 3	Workout 4	Workout 5	Workout 6	Workout 7	Workout 8	
			Mon	NTH 6				
Workout 1	Workout 2	Workout 3	Workout 4	Workout 5	Workout 6	Workout 7	Workout 8	

#### **SUBMIT THE CERTIFICATE TO:**

MIHS Health Plans Customer Service Department 2502 East University, Suite 125 Phoenix, AZ 85034

Once the information on your workout schedule has been verified with your health club, you are eligible to receive the HealthSelect \$75 incentive award for active use of your health club.

You may receive additional forms by contacting the Customer Service Department at 602-344-8760.

# Maricopa County Wellness Program Fitness Center Opportunities

#### Maricopa County Operated Facilities

Cost: FREE

Who: County Employees Only

**Contact:** Andrew Guarneri, Wellness Coordinator

602-506-3758 or pager, 602-250-7807 or aguarner@mail.maricopa.gov

**Application:** Contact Wellness Staff, stop by the facility, or download a form at:

http://ebc.maricopa.gov/library/wellness/pdf/fitness\_center.pdf

Amenities: Cardiovascular Equipment, Free Weights, Resistance Bands, Multi-gym Station, Dumbbells, TV, Stereo,

Showers and lockers (day use only)

**Hours:** 24 hours, 7 days a week (call for off-hour access information)

**Options:** The Wellness Staff can assist you with the following items, if you are interested:

Orientation to equipment and facility

• Design Personal Exercise/Weight Program to meet your goals

• Personal Health Assessment

Nutritional Review

Showers and lockers are available for use on a daily basis

**Locations:** 301 W. Jefferson, Suite B-70 2919 W. Durango

Downtown Administration Building MCDOT Traffic Operations Building

#### Local Facilities Offering Employee Discounts (call each location for details)

Facility	Address	<b>Contact Name</b>	Phone
YMCA	Valley Wide	Wellness Coordinator	602-506-3758
Community Colleges	Valley Wide	Wellness Coordinator	602-506-3758
Fitness Forum	2130 W. Chandler Blvd.	Julie Perczak	480-812-0200
	Chandler and Dobson Roads		
Ultra Fitness & Health Services	1933 E. University Dr.	Adam Black	480-464-4777
	University and Gilbert Roads		
Black Mountain Fitness Cent.	6221 E. Cave Creek Road	Liza	480-488-0444
	Cave Creek		
Club Mirage	14815 N. Ftn. Hills Blvd.	Patty	480-837-8000
	Fountain Hills		
Pure Fitness	5 Locations in the Valley	Chip Frazier	602-862-0003
Fitness West	6850 W. Indian School	John Williams	623-846-6884
	67 <sup>th</sup> Ave. and Indian School		
HealthSelect Fitness	Any Club (with HealthSelect Health Insurance)	MIHS Staff	602-344-8760
Central Park Square Athletic	2020 North Central Avenue	Tessie Dyrstad	602-252-0092
Club	Central and McDowell		
Golden's Health & Racquet	931 S. Gilbert Rd	Membership Staff	480-497-0470
Club	Gilbert Rd. & Southern Ave.		
Naturally Women	All Locations with Tempe as main location (3220	Lynn Pierre	480-838-8800
	S. Price)		
Ladies Workout Express	All Locations: 2 main contacts: Gilbert, 745 N.	Theresa Montgomery	480-633-6324
	Gilbert Road and Goodyear, 432 N. Litchfield	(Gilbert)	
	Rd., Ste. 312	Sheila O'Neal	623-932-2737
		(Goodyear)	
LA Fitness	Locations Nationwide, but must use corporate	Juanita Eastman	602-996-2659
	office for discount		

- When contacting any of these facilities, please tell them you are a Maricopa County Employee.
- Rates at all clubs vary. Some offer no contract while others need a 6 or 12 month contract. Some offer no initiation fees.
- If you do not see your club listed then please contact the Wellness Coordinator at 602-506-3758 to get assistance.
- You must show County ID Badge at all locations for proof of Employment.
- This information is subject to change without notice.

## **Helpful Hints for Developing Healthy Eating Habits**

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Although there are many different views concerning diet and nutrition, there is agreement that total physical and emotional health is very much influenced by our diets and eating habits. Nutritionists also generally agree with the following recommendations of the U.S. Committee on Nutrition and Human Needs.

#### **Helpful Strategies -**

- Increase consumption of fruits and vegetables and whole grains.
- Decrease consumption of refined and other processed sugars and foods high in such sugars.
- Experts agree that no more than 30 percent of total calories should come from fat. Decrease consumption of foods high in total fat, and partially replace saturated fats, whether obtained from animal or vegetable sources, with monounsaturated and polyunsaturated fats.
- Decrease consumption of animal fat, and choose meats, poultry and fish that are low in fat.
- Except for young children, substitute low-fat and nonfat milk for whole milk, and low-fat dairy products for high-fat dairy products.
- Decrease consumption of butterfat, eggs, and other high cholesterol sources. Some consideration should be given to easing the cholesterol goal for pre-menopausal women, young children, and the elderly in order to obtain the nutritional benefits of eggs in the diet.
- Decrease consumption of salt and foods high in salt content.

#### **Additional Considerations -**

- Overeating can be as harmful as insufficient nutrition.
- Obesity, in addition to causing physical problems, has implications for mental and emotional health — e.g., response to emotional tension, substitute gratification in intolerable situations, specific symptoms of emotional illness such as depression or a type of addiction, etc.
- Compulsive eating the binger (stress), the unsatisfied eater (unfulfilled), the night eater (insomnia) are eating habits detrimental to health.
- Distribution of food intake is important and should be adapted to one's lifestyle and schedule. Usually it is best to eat a large or moderate breakfast that contains a good mixture of protein and carbohydrates. For lunch, you should eat a proper meal not just a snack and for dinner, a relatively light, easily digested meal.
- Many people eat food quickly without really tasting it. Savoring the food by chewing it slowly rather than shoveling, gulping, and gorging not only adds to the enjoyment, but also is healthier.
- Expand your eating time. Whenever possible, eat in a relaxed atmosphere or environment. The fast food phenomenon of our day is physically and psychologically detrimental if one eats this way habitually.
- Many people eat on the run and at irregular times. It is best to have regular meal times, moderate amounts of food, and companions to share conversation.

## Fat can't hide from brisk walk

By Nanci Hellmich, USA Today, Jan. 19, 2003

Regular exercise like walking briskly reduces deep, hidden belly fat, possibly lowering the risk of heart disease, diabetes, stroke and several types of cancer, according to a new study.

This is the first large-scale trial to report that exercise alone can reduce intra-abdominal or visceral fat, which many scientists say is the most dangerous kind. The study in Wednesday's *Journal of the American Medical Association* adds to the growing body of evidence about the health benefits of moderate activity.

Researchers recruited 173 sedentary, postmenopausal women in the Seattle area who were ages 50 to 75. The women were either overweight (10 to 30 pounds over a healthy weight) or obese (30 pounds or more over a healthy weight). Most had high levels of intra-abdominal fat.

Half of them worked out for 45 minutes five days a week at a gym or at home. Their exercise often involved brisk walks. The other half attended a weekly 45-minute stretching class. The women were asked to eat as they usually did and not change their calorie intake.

Scientists measured the women's total body fat and intra-abdominal or visceral fat near the organs. Most people don't know how much intra-abdominal fat they have because it's deposited around organs within the abdomen; the only accurate way to determine the amount of this fat is with CT or MRI scans.

Larger amounts of intra-abdominal fat are associated with increased risk of type 2 diabetes, high blood pressure and cardiovascular disease.

At the end of a year:

- Exercisers lost 3.4 percent to 6.9 percent of their intra-abdominal fat, depending on how much they exercised. The control group stayed the same.
- Active women lost 4.2 percent of their total body fat, and moderately active women lost 2.4 percent. The control group stayed the same.

To get benefits similar to those of the women in the study, people should walk briskly for 45 minutes five days a week.